

# EPCC NEWS

JC Accredited  
Volume 08, Issue 4  
October 2008

www.epcckids.com  
Evansville Psychiatric Children's Center  
*"Shaping Kids' Lives"*

## Trauma Informed Care

The State of Indiana was fortunate to take part in a training provided by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, and National Association of State Mental Health Program Directors (through their Office of Technical Assistance (OTA).

Tom Andis, Grant Manager, coordinated the training, which was held at Ivy Tech in Terre Haute on October 16, 2008, through Timothy Tunner, OTA. The training was free to 165 people attending. Participants include representation from community mental health centers, state hospitals, DCS, corrections, school corporations, Key Consumers, DMHA, and NAMI.

The speakers focused on creating trauma informed and recovery focused systems of care, understanding the biopsychosocial impact of trauma, a consumer's perspective on trauma, recovery and the system, and trauma sensitive prevention tools.

Some key points made included:

- All mental health programs need to use "universal precautions" for trauma as a good percentage of clients seen in this setting have experienced trauma.

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## PS Gets Play Therapy Award



*Left to Right: Presenter Davi Stein, Pam Dewey, Nichole Graham, Kim Arvin, Andria Petry*

On Monday, October 27, Davi Stein of the Indiana Association of Play Therapy presented an award to the EPCC Psychology/Social Services Department for advancing the use of Play Therapy. All therapists use play therapy routinely with the children as a tool to learn about issues in the children's relationships at home and in the community. Issues that children are unable to express verbally are often addressed during play. Therapists use this information to target problem areas and further the child's treatment process.

## SAMHSA Grant Activities

Grant activities continue. Upon final approval of the SRED form (seclusion and restraint data matrix) extensive baseline data on monthly seclusion and restraint usage from 2003 to 2007 will be submitted. Following that, monthly submission of current data will occur.

All staff will participate in Cultural Competence training before the end of the year. Leadership staff and trainers received training earlier this year. Several staff attended Trauma Informed Care training in October and will subsequently train all staff.

SOAR supervisory staff participated in training with Boys Town representatives the third week of September. Supervisors are key to staff's level of performance and to assure the integrity of the program.

To date, the impact of grant activities has been a positive one. During the period three months prior to three months after SOAR implementation, use of seclusion and restraint decreased by 53%.

# Trauma Informed Care

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- The importance of asking what happened to you, listening, knowing your client, what calms and what triggers.
- Shame is an emotion that is easily triggered and causes shut down in the cortex area causing a fight or flight response – acting out or avoidance.
- Effective treatment must account for a dysregulated nervous system and a social environment that has not been able to contain this dysregulation.
- An effective treatment environment needs to be open to new concepts re: primary prevention tools that prevent escalating behaviors that often result in seclusion and restraint. Some of these tools include:
  1. Individual Crisis Prevention Plan (at EPCC we call ours the Stress Reduction Plan) – This plan identifies triggers, what helps, and what does not.
  2. If a person is agitated, remember HALT – find out if they are hungry, angry, lonely, or tired.
  3. Sensory/claming rooms (at EPCC we have the Stress Free Zone and Snoezelen Room and recently added a Movement/Motion Room).
  4. Incorporating sensory options into the daily program in the milieu. (Comfort kits for new admissions at EPCC include CD player, cozy blanket, squeeze ball, activity book/paper, colored pencils, and a manipulative toy of some kind.)
  5. Enhancing programming to include sensory options (OT recently hired to plan for this).

## Joint Commission Revisits

On July 28, a Joint Commission surveyor visited EPCC as part of a random 5% selection. The purpose of the unannounced visit was to assure that staff were complying with all recommendations made during the past survey in July 2007. The report indicated that EPCC was in compliance.

# Christmas Wish List

If you would like to help make Christmas a magical time for the children, please feel free to donate any of the following:

Arts and Crafts supplies – paper, crayons, colored pencils, markers, coloring and activity books, art kits, scrapbook materials/supplies

Gift Certificates or Cash for local restaurants (McDonald's, pizzerias, etc.), theaters, community events/attractions (Children's Museum of Evansville, etc.)

Board games, puzzles, toys for the dorm toy rooms; Bratz, Barbie, baby dolls with accessories, doll house items, k'Nex, Legos

Recreation/Sports - bicycles, sports balls, bats, badminton, tennis, etc.

Electronic games – hand held games, Wii, Nintendo DS (no violent games – must be activities, educational, non-violent)

Checks should be made payable to EPCC Patient Recreation Fund; all other donations should be sent or brought to EPCC, attention Tamara Klausmeier.

All donations are greatly appreciated and enhance the children's stay at EPCC during their treatment.

## Occupational Therapy New Treatment Component

Evansville Psychiatric Children's Center has an occupational therapist coming on staff Monday, November 10, 2008. Suzanne Mosbey will become a part of our team.

An important part of self-organization includes the way we modulate sensory and motor information. An occupational therapist can take a leadership role in the assessment of needs and planning and implementation of sensory approaches that will benefit the children we serve.

Sensory modulation approaches are collaborative with the consumer, person-centered, strengths-based, trauma- informed, recovery-focused and supportive. The approach can be key to restraint and seclusion reduction and elimination.

Having an occupational therapist on the treatment team will be provide a valuable training opportunity for staff to learn to utilize sensory approaches to teach children self-soothing and calming skills and establish "sensory diets" that are individualized to each child's needs.

# EPCC to Participate in Mission Mall Event

EPCC has been invited to participate in a Mission Mall sponsored by a local church. The intent is for organizations to present their needs, giving "shoppers" the opportunity to purchase (donate the amount) items listed. Donations would go to EPCC's children's recreation fund. This donated money pays for outings, seasonal activities, magazine subscriptions, birthday gifts, behavior reinforcers, special needs items, off grounds meals, movies, and more.

## Community Friends Highlights

Emanuel Lutheran Church has become a valued community friend to EPCC and the children. Members of the congregation are involved in several ways, from volunteering to donations. In July, the offering collected during an evening music event was donated to the children's recreation fund. More recently, an abundant supply of art and school supplies, underwear and socks, books, games, and toys was delivered to EPCC for the children. In October a generous cash donation was made after a Progressive Dinner Fundraiser. The church is also sponsoring the Mission Mall event in which EPCC has been invited to participate. The event will help inform the community of organization's needs and provide a simple means for the public to get involved and make donations.

Christian Motorcycle Association is another valued community friend to EPCC. The members provided a weekend afternoon event for the children in September. The children enjoyed a craft activity, refreshments, and a spirited game of volleyball. The group provides the craft supplies and refreshments, as well as participates in the active game. Members come a couple times each year, as well as during the Christmas season. The highlight of any of their visits, as might be expected, is when the children get to get to look at and admire the members' motorcycles.

### MISSION

**Resolve Needs – Build Strengths**

#### Need to contact us?

Call 812-477-6436 (exts. listed below) or email.

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## Red Ribbon Week

The children participated in Red Ribbon Week activities including hat day, red day, poster contest for being drug free, decorating the EPCC Express, and pledging to stay drug free.



## Good News



Grant activities and the implementation of SOAR have resulted in a 53% decrease in the use of seclusion and restraint.



EPCC surpassed the hospital's goal by 40% in the SECC (state employee combined campaign) thanks to employees' generosity.

## We're Ready for Your Referrals

Refer through the assigned liaison from your MHC.  
Referral information needed in the referral packet includes:

Psychology Eval with IQ

2-page State Hospital Referral Form

CANS

Psychiatric Evaluation

Contact Sharon Austin at 812-477-6436, X226

## EPCC NEWS

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Published periodically  
for employees and  
friends of EPCC.

Evansville Psychiatric Children's  
Division of Mental Health & Addiction  
Indiana Family & Social Services Administration

